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County of Los Angeles
CHIEF EXECUTIVE OFFICE

Kenneth Hahn Hall of Administration
500 West Temple Street, Room 713, Los Angeles, California 90012
(213) 974-1101
<http://ceo.lacounty.gov>

WILLIAM T FUJIOKA
Chief Executive Officer

August 19, 2009

To: Supervisor Don Knabe, Chair
Supervisor Gloria Molina
Supervisor Mark Ridley-Thomas
Supervisor Zev Yaroslavsky
Supervisor Michael D. Antonovich

From: William T Fujioka
Chief Executive Officer

Board of Supervisors
GLORIA MOLINA
First District

MARK RIDLEY-THOMAS
Second District

ZEV YAROSLAVSKY
Third District

DON KNABE
Fourth District

MICHAEL D. ANTONOVICH
Fifth District

STATUS ON THE DEVELOPMENT OF A CHILD WELLNESS POLICY

On April 14, 2009, on motion of Supervisor Knabe, the Board instructed the Chief Executive Officer (CEO) to convene a Child Wellness Workgroup (workgroup) and to report back in 120 days on the development of a child wellness policy for Los Angeles County that includes: 1) a mechanism for enhancing the provision of current nutrition and fitness information to parents, caregivers, and staff; 2) ensures that nutritional guidelines for children both in out-of-home care and child care settings are adhered to; 3) provides opportunities for public education and training; and 4) addresses issues involving the use of psychotropic medications that cause obesity in children.

The first meeting of the workgroup is scheduled for Thursday, August 20, 2009. In preparation of the meeting, we met with the Commission on Children and Families to discuss formation of the workgroup and to discuss the various components necessary for a comprehensive countywide child wellness policy. Additionally, we have been collecting and reviewing existing reports on this subject in order to determine the appropriate next steps. However, due to the complexity and volume of information associated with developing such a policy, we would need an additional 60 days to complete our report back to your Board.

If you or your staff have any questions or need additional information, please contact Brian Mahan at (213) 974-1318.

WTF:SRH:JW
BM:cvb

c: Department of Children and Family Services
Executive Officer, Board of Supervisors

Childwellness Extension Request 8-19-09.doc

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Fifth District

November 5, 2009

To: Supervisor Don Knabe, Chairman
Supervisor Gloria Molina
Supervisor Mark Ridley-Thomas
Supervisor Zev Yaroslavsky
Supervisor Michael D. Antonovich

From: William T Fujioka
Chief Executive Officer

SECOND STATUS REPORT ON THE DEVELOPMENT OF A CHILD WELLNESS POLICY

On April 14, 2009, on motion of Supervisor Don Knabe, your Board instructed the Chief Executive Office (CEO) to convene a Child Wellness Workgroup (workgroup), comprised of various County departments, commissions, and other stakeholders for the purpose of developing a Child Wellness Policy (Policy) for Los Angeles County, and report back in 120 days. The Policy should include a mechanism for enhancing the provision of current nutrition and physical activity information to parents, caregivers and staff, ensuring that nutritional and physical activity guidelines for children both in out-of-home care and in child care settings are promoted and adhered to, and providing opportunities for public education and training. Further, the Policy should address issues involving the use of psychotropic medications that cause obesity in children. An interim report was provided on August 19, 2009, at which time the report period was extended by 60 days at our request.

We are pleased to report that the workgroup consisting of representatives from the various County departments, commissions, and other stakeholders has completed a draft Policy. The draft Policy was presented to your staff during the CEO Children and Families' Well-Being (CFWB) Cluster meeting on October 14, 2009. Based on input we received, the workgroup is making revisions to the proposed Policy and will present our final recommendations at the November 18, 2009, CFWB Cluster meeting. In addition, since this recommendation may result in a Board Policy, it must be vetted and approved

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Each Supervisor
November 5, 2009
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for submission by the Audit Committee prior to presentation to your Board. The Policy presentation appears on the Audit Committee agenda scheduled for November 19, 2009. As a result, we anticipate filing the Child Wellness Policy for your Board's consideration on the December 1, 2009, Board agenda.

Please let me know if you have any questions or your staff may contact Brian Mahan at (213) 974-1318.

WTF:JW
BM:cvb

c: Association of Community Human Services Agencies
Child Care Policy Roundtable
Children's Council of Los Angeles County
Commission for Children and Families
Department of Children and Family Services
Department of Health Services
Department of Mental Health
Department of Public Health
Department of Parks and Recreation
Executive Officer, Board of Supervisors
Education Coordinating Council
First 5 LA
Judge Michael Nash, Juvenile Court
Los Angeles County Office of Education
Probation Department



County of Los Angeles CHIEF EXECUTIVE OFFICE

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WILLIAM T FUJIOKA
Chief Executive Officer

December 1, 2009

The Honorable Board of Supervisors
County of Los Angeles
383 Kenneth Hahn Hall of Administration
500 West Temple Street
Los Angeles, CA 90012

Board of Supervisors
GLORIA MOLINA
First District

MARK RIDLEY-THOMAS
Second District

ZEV YAROSLAVSKY
Third District

DON KNABE
Fourth District

MICHAEL D. ANTONOVICH
Fifth District

REQUEST TO APPROVE A CHILD WELLNESS POLICY FOR LOS ANGELES COUNTY (ALL DISTRICTS) (3 VOTES)

SUBJECT

This recommendation is for approval of the Child Wellness Policy for Los Angeles County to provide a mechanism for enhancing the provision of current age-appropriate nutrition and physical activity information to parents, caregivers, and staff; ensures that current age-appropriate nutritional and physical activity guidelines for children both in out-of-home care and in child care settings are promoted and adhered to; and provides opportunities for public education and training.

IT IS RECOMMENDED THAT YOUR BOARD:

Approve and adopt the attached Child Wellness Policy for Los Angeles County, effective December 1, 2009, or upon Board approval whichever is later, which includes a mechanism for enhancing the provision of current age-appropriate nutrition and physical activity information to parents, caregivers, and staff; ensures that nutritional and physical activity guidelines for children both in out-of-home care and in child care settings are adhered to; and provides opportunities for public education and training. There is no net County cost (NCC) associated with this recommendation.

PURPOSE/JUSTIFICATION OF RECOMMENDED ACTION

On April 14, 2009, on motion of Supervisor Don Knabe, the Board instructed the Chief Executive Office (CEO) to convene a child wellness workgroup, comprised of the Departments of Public Health (DPH), Children and Family Services (DCFS), Probation, Health Services, Mental Health, Parks and Recreation (Parks), and the Los Angeles County Office of Education (LACOE), as well-as the Commission for Children and

Families, the Education Coordinating Council, First 5 LA, the Child Care Policy Roundtable, the Children's Council of Los Angeles County (Council), the Association of Community Human Service Agencies and the Juvenile Court, to develop a Child Wellness Policy for Los Angeles County that includes a mechanism for enhancing the provision of current nutrition and physical activity information to parents, caregivers, and staff, ensures that nutritional and physical activity guidelines for children both in out-of-home care and in child care settings are promoted and adhered to, provides opportunities for public education and training, and addresses issues involving the use of psychotropic medications that cause obesity in children, and report back in 120 days. The motion was amended to also include the Public Defender and Commission on Nutrition. The purpose of this report is to present the Child Wellness Policy for Los Angeles County and recommend its approval by your Board.

On November 19, 2009, as required by your Board, the proposed Child Wellness Policy for Los Angeles County was presented to and approved by the County's Audit Committee.

FISCAL IMPACT/FINANCING

There is no NCC impact associated with implementation of this recommendation.

FACTS AND PROVISIONAL/LEGAL REQUIREMENTS

The CEO convened a child wellness working group comprised of the aforementioned departments and agencies to develop the attached policy. During this process, we found that there are several efforts currently underway to address child wellness in the areas of nutrition and physical activity throughout the County that are consistent with the intent of your Board's instructions. Some of them include:

DPH

In partnership with California Food Policy Advocates, DPH is developing a pilot to evaluate promising strategies for improving nutrition and physical activity in licensed child care programs that participate in the federally-funded Child and Adult Care Food Program. This effort will target licensed providers of child care for the birth-to-five years of age population and utilize nutrition and physical activity guidelines that have been established as best practices.

PARKS

In 2003, Parks established a "healthy parks" element by incorporating physical activity and healthy nutritional elements into all programs wherever appropriate. Furthermore, Parks has been partnering with other County departments, agencies, and community-based organizations to provide a wide range of nutrition and physical education classes, health services provided by mobile health care providers, and active or passive recreation programs. In recent years, newly installed outdoor fitness zones to encourage exercise have become available at various local County parks.

As an effort to promote services benefiting health and wellness, the Play for Life campaign was created. The campaign's message encourages youth, teens, families, and seniors to be active at one of the County's park facilities by participating in the various activities or programs offered. The Play for Life campaign has included buttons with catchy phrases, bookmarks, pole banners, and colorful posters.

FIRST 5

First 5 LA has implemented the following programs: Best Start LA Baby-Friendly Hospital Project, Best Start LA Welcome, Baby! Program, Sesame Street Healthy Habits for Life Resource Kit Pilot Study, Healthy Kids, Women, Infants, and Children Early Intervention Dental Project, Dental Home Project, Oral Health Community Development. Additionally, one of the three priority areas of the Community Opportunities Fund includes good health (nutrition, physical activity, and oral health).

LACOE

LACOE demonstrated its commitment to student and employee wellness by adopting a Wellness Policy and Regulations in August 2006. The policy and regulations were based upon the Coordinated School Health Model that is endorsed by the Centers for Disease Control and Prevention (CDCP). The policy and regulations address eight components: nutrition services, health/nutrition education, physical education and physical activity, health services, mental health/counseling services, safe and healthy school environment, parent and community involvement, and employee wellness.

Training

This wellness policy also includes requirements for all County departments to have current age-appropriate nutrition and physical activity information available for parents, caregivers and staff on departmental internet websites. Additionally, those departments that interact directly with parents and caregivers shall ensure that age-appropriate

nutrition and physical activity information are included in all training and program curriculum.

Adherence to Current Age-Appropriate Nutritional and Physical Activity Guidelines

All County child care, group home and foster family agency contracts and other contracts, services or programs provided to children shall include language to ensure that all departments, contractors, caregivers and community partners use the most current age-appropriate nutritional and physical activity guidelines recommended by the Centers for Disease Control and Prevention (noting special needs for pregnant and breastfeeding women) and the American Academy of Pediatrics, and shall include contract monitoring processes to ensure compliance with these guidelines.

Use of Psychotropic Medications

Under the County's current guidelines, use of psychotropic medications to meet the health, mental health and emotional needs of children shall be addressed with thoughtful care by the primary care physician or psychiatrist. Evaluation and follow-up protocols, as implemented by the Juvenile Court and DCFS on March 1, 2009, include discussion of indications for use, frequency of dosage changes, potential complications/side effects, cautions and appropriate medical work-up. As indicated, follow-up also includes monitoring child/youth's height and weight. Laboratory tests shall be obtained as recommended by the practice parameters of the American Academy of Child and Adolescent Psychiatry and general physical evaluations shall be done at intervals recommended by the Child Health and Disability Prevention Program periodicity table or by the child's medical provider.

CONTRACTING PROCESS

Not Applicable.

IMPACT ON CURRENT SERVICES (OR PROJECTS)

The County is charged with the health and well-being of the children under its care. The proposed Child Wellness Policy for Los Angeles County will enhance our efforts in this area. Additionally, we believe the use of Neighborhood Councils to disseminate nutrition and physical activity information will help mobilize the community to assist the County in its efforts to improve healthy lifestyles.

CONCLUSION

Approve the attached Child Wellness Policy for Los Angeles County and instruct all County departments to adhere to the provisions therein.

Respectfully submitted,

for Sari Sheehan
WILLIAM T FUJIOKA
Chief Executive Officer

WTF:JW
BM:cvb

Attachment

- c: Executive Officer, Board of Supervisors
- County Counsel
- Association of Community Human Services Agencies
- Child Care Policy Roundtable
- Children and Family Services
- Children's Council of Los Angeles County
- Commission for Children and Families
- Education Coordinating Council
- First 5 LA
- Health Services
- Juvenile Court
- Los Angeles County Office of Education
- Mental Health
- Parks and Recreation
- Probation Department
- Public Health



Los Angeles County
BOARD OF SUPERVISORS POLICY MANUAL

Policy #:	Title:	Effective Date:
3.116	LOS ANGELES COUNTY CHILD WELLNESS POLICY	12/01/09

PURPOSE

The purpose of this policy is to provide a mechanism for enhancing the provision of current nutrition and physical activity information to parents, caregivers, and staff; ensure that nutritional and physical activity guidelines for children both in out-of-home care and in child care settings are promoted and adhered to; and provide opportunities for public education and training.

REFERENCE

Department of Public Health; Los Angeles County Office of Education Wellness Policy and Regulations; First 5 LA Preventing Childhood Overweight Study (WIC); Best Start LA Baby-Friendly Hospital Project; Best Start LA – Welcome, Baby! Program; Centers for Disease and Control and Prevention Nutritional Guidelines; American Academy of Pediatrics; Nutritional and Physical Activity Guidelines for Licensed Child Care Providers; and Title 15 Article 9. Food Section 1461 Minimum Diet.

POLICY

The Los Angeles County Board of Supervisors (Board) recognizes the important contributions nutrition and physical activity make toward a child's ability to grow up healthy and thrive as an adult. The Board is committed to providing children, including those in out-of-home care, with knowledge, information, and an environment that fosters appropriate nutritional choices and participation in appropriate physical activity.

All County Departments shall have access to current age-appropriate nutrition and physical activity information available for parents, caregivers and staff on departmental internet websites. Those departments that interact directly with parents and caregivers shall ensure that age-appropriate nutrition and physical activity information are included in all training and program curriculum.

All County child care, group home and foster family agency contracts and other contracts, services or programs provided to children shall include language to ensure that all Departments, contractors, caregivers and community partners use the most current age-appropriate nutritional and physical activity guidelines recommended by the Centers for Disease Control and Prevention (noting special needs for pregnant and breastfeeding women) and the American Academy of Pediatrics, and shall include contract monitoring processes to ensure compliance with these guidelines.

All County Departments that provide residential services for school-aged children and serve meals during the school day shall follow the California Education Code governing nutritional standards for foods and beverages available to students: Education Code 49430, 49431, and 49431.2, as added by SB12 (Ch. 235, Statutes of 2005), and 49565-49565.8, as added by SB281 (Ch. 236, Statutes of 2005).

Information regarding the importance of breastfeeding and use of breast milk for infants shall be made available through County health clinics and hospitals, prenatal and pediatric services. Breastfeeding and/or the use of breast milk shall be accommodated in contracted early care and education (child care) settings as well as parole, probation and foster care settings.

RESPONSIBLE DEPARTMENTS

Chief Executive Office; Department of Public Health; Department of Children and Family Services; Department of Health Services; Department of Mental Health; Department of Parks and Recreation; and Probation Department.

DATE ISSUED/SUNSET DATE

Issue Date: December 1, 2009

Sunset Date: November 30, 2014